

**Secondary PE Department Philosophy Statement**

The Waukeee Physical Education program seeks to empower all students to participate in regular, lifelong physical activity to create a foundation for a healthy, productive, and fulfilling life.

**6th Grade PE Description**

In sixth grade, students will explore physical fitness and set goals for personal growth to build a foundation for a physically active lifestyle. Students will be provided an opportunity to safely and respectfully participate in multiple movement opportunities and experiences including fitness concepts, lifetime fitness activities, and team/individual sports.

**Students will...**

- Demonstrate offensive skills in games and sports by using offensive tactics to get open and staying within the defined boundaries of each activity
- Demonstrate the ability to move safely and efficiently in a physical activity setting particularly by creating and moving to open space using locomotor skills in combination with movement
- Demonstrate the ability to quickly transition between offense and defense in games and sports
- Set goals, monitor progress, make adjustments, and maintain or enhance personal fitness based on current fitness levels
- Demonstrate respect for self and others in the physical education setting by encouraging others and self-regulating individual actions

**6th Grade PE Units**

- 1) Team sports and games
- 2) Individual sports and activities
- 3) Physical fitness pursuits

**Waukeee CSD 6-12 Guiding Principles**

- Responsive instruction and ongoing assessment are necessary for all learners to grow and progress.
- A body of evidence is used to determine proficiency.
- Course grades accurately communicate only academic achievement of the standards.
- Equitable practices and opportunities exist across all classrooms.